



Loyal Heights

COMMUNITY CENTER

2101 NW 77th St * Seattle, WA 98117 * (206) 684-4052 * Fax: (206) 684-4053

Summer 2006

Program Dates

June 19 to September 3, 2006

Registration Begins

Tuesday, May 30, 2006

You can now register online!

Check it out at

<http://egov1.seattle.gov/parks>



Have a blast at Loyal Heights summer camp!

Visit us on the web: www.seattle.gov/parks/centers/Loyalhtd.htm

Loyal Heights Community Center

2101 NW 77th Street
Seattle, WA 98117
Phone: 206-684-4052 Fax 206-684-4053

Visit us online at www.seattle.gov/parks/

Hours of operation

Monday, Wednesday, & Friday	1 to 9 p.m.
Tuesday & Thursday	10 a.m. to 9 p.m.
Saturday	Closed
Sunday	Closed

Program Registration

Registration begins May 30, 2006.

Program Dates

June 19 to September 3, 2006

Holiday Closures

Tuesday, July 4, Independence Day

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

You Can Make a Difference

The Loyal Heights Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables Loyal Heights to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held the fourth Wednesday evening of every month at 6:30 p.m. to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Theresa Burns at 206-684-4052.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Advisory Council Officers

David Martin, Chairperson
Cheryl Dyer, Vice Chairperson
Scott Shinn, Secretary
Ben Hanisko, Treasurer

Advisory Council Members

Mary Browne	Stu Frothingham
Kelly Bryant	Maria Luisa Germani
Kim Carroll	Scott Shinn
Jim Dodson	Judy Tangen
David Eggenberger	

Loyal Heights CC now has a blog!

Check out the latest event pictures and program info at
<http://loyalheightscc.livejournal.com>

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Operations Division Director
Maureen A. O'Neill, North Recreation Manager
Tom Ostrom, North Sr Recreation Coordinator

Center Staff

Theresa Burns, Recreation Center Coordinator
TBA, Assistant Recreation Center Coordinator
Chris Easterday, Recreation Attendant
Sue Hare, Building Maintenance

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

We want to hear from you!

Is there a class you would like to see offered at Loyal Heights Community Center? We welcome your input. Please let us know of any suggestions and/or comments to help us expand our programming. If you know of someone who would be interested in teaching a class, please include a name and phone number as well. Thank you for your participation in this process!

Instructor Search

Loyal Heights Community Center is in the process of adding enrichment programs in the performing and visual arts to compliment its other programs and services. We are looking for artists to teach toddlers, youth, teen, or adult classes. If you have a special program that you would like to offer, please send a proposal and resume to Loyal Heights Community Center.

You can now register online!

To get started, you need to:

1. Come into the Community Center and get your barcode and PIN. You will need to provide us with a picture ID to obtain this information.
2. Go to <http://egov1.seattle.gov/parks> and follow the directions to register.
3. You will not be able to register for the following classes online: Piano, Guitar and Singing Lessons; Preschool; any summer camps; spring sports.

We hope you enjoy this convenient new feature!

Special Events

Gypsie Nation

These playful village dances require no previous experience, and are rituals for self-exploration, healing and community building. They are free-form ecstatic dances supported by an exotic tapestry of indigenous world music. This program is not run by Seattle Parks and Recreation or the Loyal Heights Advisory Council. For more information, see www.gypsienation.com or call: 206.216.1722.

Sundays 10 a.m. – Noon

Chess Tournament Free

A wonderful game of strategy-checkmate! All ages are welcome. The Fall International Chess Tournament will be held at Loyal Heights Community Center. Coffee, punch and treats provided. Matches will be set up in age brackets; winners will receive first place trophies. Bring a lunch and a chess set if you have one. Registration will happen at 9:00 am at the door. For more information call (206) 783-4935.

Fri, Aug 18 10 a.m.

Summer Concert Series Free!

Come have fun in the sun! Bring your family and friends to enjoy outside concerts at Loyal Heights. Each concert will highlight a different musical genre.

Bring money for food and refreshments!

The Emerald City Jazz Ensemble

Thu, Jun 22 6 – 8 p.m.

Arturo Rodriguez Trio

Latin Jazz!
Thu, Jul 20 6 – 8 p.m.

The Silverbucks

Rhythm and Blues
Thu, Aug 17 6 – 8 p.m.

Toddlers/Preschoolers

Pre-School Summer Camp \$100/wk

Preschoolers will have fun at Loyal Height Pre-school Camp! Each week is filled with crafts, games, books and activities relating to that week's theme.



Age: 3 to 5
Location: Room 5
Monday – Friday
10 a.m. – 1 p.m.

Pre-School Camp Weekly Themes

Exploring Under the Sea

Week 1: 6/26 – 6/30

Insect Week!

Week 2: 7/3 – 7/7*
No camp Tue, Jul 4;
Pro-rated fee: \$80

Dinosaurs

Week 3: 7/10 – 7/14

Camping and the Great Outdoors

Week 4: 7/17 – 7/21

Plants

Week 5: 7/24 – 7/28

Space Travel Week

Week 6: 7/31 – 8/4

Science Experiments

Week 7: 8/7 – 8/11

Creation Station

Week 8: 8/14 – 8/18

Fun with Water

Week 9: 8/21 – 8/25

Cooking Week

Week 10: 8/28 – 9/1

Loyal Heights Preschool (2006 – 2007 Year)

2006 – 2007 Registration

Register now for the 2006-'07 School Year. Registration is on a first-come, first-serve basis. A \$25 non-refundable, non-transferable fee is required at the time of registration to hold your spot. This fee is collected to help offset the cost of the registration process and does not apply to the class fee.

Payment: Monthly payments are due on the 25th of the preceding month. A late fee of 10% of the monthly payment will be charged after the 25th. Payments can be made at the front desk during business hours: Monday, Wednesday, and Friday, 1 to 9 p.m.; Tuesday and Thursday, 9 a.m. to 5 p.m.; Saturday, 10 a.m. to 5 p.m. Checks may be left with the building monitor after hours or credit card payments may be made over the telephone during regular operating hours before 8 p.m.

Child must be class age as of August 31, 2006.

Parent/Child Playgroup \$165/qtr

This class is geared to enable caregivers a time to relax and talk with other adults while their children enjoy sensory, art, and music activities. Older siblings half-price, siblings under 1 free.

Age: 18 mos. to 3½ years

Fridays 9:30 – 11:30 a.m. Rooms 3 & 4

Two Day 2's (Tadpoles) \$124⁵⁰/mth

Two-year-olds learn to share and interact with other children in a safe and nurturing environment. Age-appropriate curriculum includes free play, art, sensory, music, stories, and small/large motor skills. Come join the fun! Min 6/Max 6.

Tue/Thu 9:30 a.m. – Noon Room 1

Co-op 2's (Cubs) \$54/mth

Learning through art, stories, music, sensory activities, and cooperative playtime. This simplified co-op requires only that each parent stays in class twice during the quarter. Join us for a great beginning to your child's preschool experience. Min 10/Max 10.

Thursdays 9:30 a.m. – Noon Room 4

Two Day 3's (Grizzlies) \$148/mth

Come to preschool to make friends and have fun! Artwork, stories, songs, sensory and small and large motor skills will be explored. Three-year-olds will make lots of discoveries in this responsive, positive environment. Min 8/Max 8.

Tue/Thu 9:30 a.m. – Noon Room 5

Three Day 3–5's (Chipmunks) \$220/mth

Drop off your 3 year old for three hours of preschool learning in a safe and nurturing environment. Arts, literacy, math, science, stories, small/large motor skills, and music are all a part of this fun-filled day. Most importantly, we focus on cultural diversity. Must be potty trained. Mix 6/Max 8.

Mon/Wed/Fri 9:30 a.m. – 12:30 p.m. Room 1

Three Day 3's Co-op (Bears) \$220/mth

Learning through art, stories, music, sensory activities, and cooperative playtime. Class will also include introduction to the alphabet and numbers. Join us for a fun time learning and sharing with friends. This is a simplified co-op with no evening meetings, no board positions, and no detailed job assignments. Must be potty trained. Min 8/Max 10.

Mon – Wed 9:30 a.m. – 12:30 p.m. Room 4

Three Day Pre-K (Ravens) \$220/mth

Arts, science, math, songs, drama, language, and social studies for 4 and 5 year olds. Experience cooperative learning with other children and parental connection that enhances confidence and self-esteem. This is a simplified co-op with no evening meetings, no board positions, and no detailed job assignments. Min 8/Max 10.

Mon/Wed/Fri 9:30 a.m. – 12:30 p.m. Room 5

Morning Pre-K Co-op (Raptors) \$295/mth

Brighten up your afternoon. This classroom for 4 and 5 year olds weaves art, music, math, science, drama and language arts with exciting themes. Children will experience the fun of making new friends and playing together in a creative learning environment. This is a simplified co-op with no evening meetings; no board positions and no detailed job assignments. Min 6/Max 10.

Mon – Thu 9:30 a.m. – 12:30 p.m. Room 3



Summer Camp!



Summer Day Camp

\$135/wk

Loyal Heights CC outstanding summer camps give kids a variety of fun and educational experiences! Your child will enjoy games and sports, weekly field trips and swimming, arts and crafts, community service projects, environmental stewardship and more! Sign up for one week — or all ten! **Second child discount: \$130/wk.**

Age: Grades K – 5

Location: Room 4

Mon – Fri 7 a.m. – 6 p.m.



Mad Scientist Week Jun 26 – 30

Come explore the crazy world of science around us through wacky science experiments, a trip to the Pacific Science Center, and an environmental learning project.

KidZone Idol Jul 3 – 7*

Watch out Simon and Paula! This week, we will dazzle and woo the crowd of Loyal Heights as we karaoke, play theatre games, visit the EMP, and attend Dance This! at the Paramount Theatre. ***No camp Tue, Jul 4. Pro-rated fee: \$108.**

Superhero Week Jul 10 – 14

This week, we will learn about the superheroes in the movies, and the everyday heroes in our daily lives. We will be visited by the police and fire departments, and we will take a ferry to the Bremerton Naval Station.

All-Star Week Jul 17 – 21

It is team sports week at Loyal Heights. Play a different sport every day, cheer on the WNBA Champions Seattle Storm, and learn what makes a good team player.

Pirate Week Jul 24 – 28

Shiver me timbers! Pirates ransack Ballard in search of hidden treasure and more. Landlubbers, beware! The Loyal Heights pirates will take to the high seas on a boating adventure.

Safari Jul 31 – Aug 4

Lions, Tigers, and Bears. Oh my! Safari week takes us exploring the animals of the Northwest and beyond with a trip to the Point Defiance Zoo, and Lincoln Park. **#6246**

Survivor Aug 7 – 11

Fun and exciting challenges will fill this week, as we host KidZone Survivor! Be prepared to join your team in competitions, for solo missions to the rock climbing gym, and end the week with a favorite from last summer, Gross Day.

Olympic Week Aug 14 – 18

Loyal Heights goes to the Olympics this week, as we learn about the cultures of other countries, try new sports, and participate in an all-camp field day.

Wacky Water Week Aug 21 – 25

This week, we will visit the beautiful Cedar River Watershed to learn about Seattle's water; play in the lake; and go for hikes. We will also go to the Henry Moses Aquatic Center in Renton to enjoy their waterslides, wave machine, and island lagoon.

Carnival Aug 28 – Sep 1

A trip to Remlinger Farms is sure to be the highlight of the summer. We will conclude this week with a carnival and barbeque for all the program participants and families of the LHCC day camp program.



Summer Camp!

★New!★ Sports Camps for Kids Age 5 to 10

Soccer Camp \$85

This Soccer Camp offers a week's worth of lessons to introduce any newcomer to this great sport. You will spend the day learning the basics, and having fun in the sun.

Location: Ballard Playfield

Mon – Fri 6/26 – 6/30 9 a.m. – 1 p.m.

Baseball Camp \$68

Learn the basics of Baseball in this great camp for beginners. **Note: No camp Tue, Jul 4.**

Location: Ballard Playfield

Mon/Wed–Fri 7/3 – 7/7 9 a.m. – 1 p.m.

Lacrosse Camp \$85

Learn the basic of this sport that is growing in popularity here in Seattle.

Location: Ballard Playfield

Mon – Fri 7/10 – 7/14 9 a.m. – 1 p.m.

Flag Football Camp \$85

Learn the basics of football.

Location: Ballard Playfield

Mon – Fri 7/17–7/21 9 a.m. – 1 p.m.

Ultimate Frisbee Camp \$85

Learn the basics of Ultimate Frisbee.

Location: Ballard Playfield

Mon – Fri 7/24 – 7/28 9 a.m. – 1 p.m.

Advanced Soccer Camp \$85

This camp is for those who have the basic skills of soccer down and are looking to learn more advanced skills.

Location: Ballard Playfield

Mon – Fri 7/31 – 8/4 9 a.m. – 1 p.m.

Advanced Baseball Camp \$85

This camp is for those kids who have a basic skill set for baseball and want to learn more advanced, competitive aspects of the game.

Location: Ballard Playfield

Mon – Fri 8/7 – 8/11 9 a.m. – 1 p.m.



Gymnastics and Dance Camps

★New!★ All-Star Gymnastics Summer Camps \$125

This gymnastics camp will give you a great opportunity to develop the skills and strengths you learn in your weekly classes.

Ages: 3 to 6

Location: Room 2

#6778 Mon/Wed/Fri 7/24 – 8/4 2 – 5 p.m.

★New!★ Little People's Dance Camp \$85/wk

Do you like Ballet, Creative Dance or dance in general? Well, this summer we will dance, swing, hop, and twirl our way around a fun theme. Then we'll develop what we've learned into a performance. The best party is you can return week after week for a new theme each time! Parents and friends are welcome to attend our performance at the end of the session. **Dress code: comfortable dance clothes of any color. Hair pulled away from the face.**

Ages: 4 to 6

Location: Room 2

#6803 Mon – Thu 7/17 – 7/20 9:30 – 11:30 a.m.

#6805 Mon – Thu 8/7 – 8/10 9:30 – 11:30 a.m.

Summer Camp!

Middle School Teen Adventure Camp

\$135/wk

Summer is coming. Do you know where your teens will be or what they will be doing?

Would you like your pre-teenager to meet friends, venture around town, and be involved in a fun, supervised environment? Loyal Heights Community Center will keep your teen busy with our Middle School Teen Adventure Camps.

This camp is for 11 to 14 year olds who do well in a supervised, structure environment. Plenty of exciting activities have been cooked up, including boating, swimming, rock climbing, trips to sporting events, and festivals. Space is limited, so sign up now! Scholarships are available.

Age: 11 to 14 (6th to 8th Grade)

Monday – Friday

7 a.m. – 6 p.m.

Teen Adventure Camp Weekly Themes

Family Fun Center/Movie	Jun 26 – Jun 30
EMP and Dance This!	Jul 3 – Jul 7*
*No camp Tue, Jul 4. Pro-rated fee: \$108.	
Whirly Ball and Other Fun Games!	Jul 10 – Jul 14
Storm Game and Mini-Golf	Jul 17 – Jul 21
Ropes Course/Ice Skating	Jul 24 – Jul 28
Horseback Riding	Jul 31 – Aug 3
Mariners Game/Bowling	Aug 7 – Aug 11
GameWorks and Henry Moses Aquatic Center	Aug 14 – Aug 18
River Rafting	Aug 21 – Aug 25
Wild Waves and BBQ	Aug 28 – Sep 1

Youth Performing Arts & Dance



Private Piano and Organ Lessons for Youth and Teens

\$198

Learn to play the piano and organ from an experienced professional teacher in weekly 30 minute private lessons. Includes sight-reading, technique, expression, theory, and chords.

Instructor: Joyce Bailey

Age: 6 and older

Tue – Thu

5 – 9 p.m.

6/20 – 9/5

Location: Room 5

Guitar or Singing Lessons for Youth

\$198

A local professional artist brings his teaching expertise to Loyal Heights. You can learn beginning or continuing guitar or singing.

Location: Room 5

Tuesdays

3:30 – 6 p.m.

6/23 – 9/8

Fridays

3:30 – 9 p.m.

6/23 – 9/8



All-Star Gymnastics

The All-Star gymnastic program believes in promoting self-esteem and creating self-confidence in children through the discipline of gymnastics. Emphasis is placed on building solid gymnastic skills, teamwork, social skills, reading readiness, self-esteem and music awareness.

All classes will host a performance on the last day of their class for the quarter in which parents are invited to observe.

Attire: Please dress your child in clothes that are snug. Leotards, catsuits, spandex, leggings, and tank tops are preferred. Please tie hair away from the face.

Big Dippers Walking – 2 years

This class offers fast-paced activities to coincide with limited attention spans. This class will cover an introduction to dance, music, and movement through play activities using both fine and gross motor skill movements. This class is designed to create a world of adventure for our young walkers to stimulate their muscle development, sense of rhythm, social interactions, independence, and body awareness.

Siblings Ages 2 to 5

This is a new class offered for families with two or more children, from ages 2 to 5, who desire both children to attend gymnastics in the same class.

Sunbeams Ages 2 to 3

A movement-education program for the preschool child with an emphasis on coordination and spatial awareness. Students will use preschool gymnastic equipment and be introduced to basic skills in gymnastics to develop coordination, strength, balance, and flexibility as well as learning social skills of taking their turn, taking directions, and working with others.

Moonbeams Ages 4 to 5

A movement-education program for the preschool child with an emphasis on coordination and spatial awareness. Students will use preschool gymnastic equipment and be introduced to basic skills in gymnastics to develop coordination, strength, balance, and flexibility as well as learning social skills of taking their turn, taking directions, and working with others.

Comets Ages 6 to 10

Beginner-level class introduces vault, uneven parallel bars, balance beam, and floor exercise. Class meets for one hour and gymnasts will spend approximately 15 minutes working on an event. Gymnasts will learn the basics and spend their time increasing flexibility, strength, and body awareness. A variety of teaching techniques and drills are used to enhance the learning process.

Shooting Stars *by Invitation Only*

Participants are students who have stood out in their classes as being exceptionally focused, strong, flexible and physically coordinated. Shooting star classes meet twice a week and students will begin learning the routines. The lessons will also focus on proper gymnastic etiquette such as standing at attention, marching in line, saluting, etc.

Open Gym

Open Gym is a drop-in class offered to anyone registered in any other gymnastics class at Loyal Heights Community Center. It is an unstructured hour allowing gymnasts to practice the skills they have been learning in their weekly class. The instructor will supervise and spot skills as each gymnast needs. This class needs 6 registered participants to keep the class going!

Gymnastics Time/Fee Schedule

Session Dates (8 week sessions)

Monday Classes	Jun 5 – Jul 17	
Wednesday Classes	Jun 7 – Jul 19	
Friday Classes	Jun 9 – Jul 21	
Siblings	Ages 2 to 5	\$74
#8070 Mondays	5:00 – 5:45 p.m.	
#8071 Wednesdays	4:30 – 5:15 p.m.	
Big Dippers	Walking – 2 years	\$74
#7975 Mondays	2 – 2:45 p.m.	
#7976 Wednesdays	9:30 – 10:15 a.m.	
Sunbeams	Ages 2 to 3	\$74
#8114 Wednesdays	2:30 – 3:15 p.m.	
#8115 Fridays	2 – 2:45 p.m.	
#8116 Fridays	3 – 3:45 p.m.	
Moonbeams	Ages 4 to 5	\$74
#8074 Wednesdays	11:30 a.m. – 12:15 p.m.	
#8034 Wednesdays	1:30 – 2:15 p.m.	
#8033 Wednesdays	3:00 – 3:45 p.m.	
#8035 Fridays	4:00 – 4:45 p.m.	

All Star Summer Camp \$125

This gymnastics camp will give you a great opportunity to develop the skills and strengths you learn from Julie in your weekly classes.

Ages 3 to 6

Location: Room 02

#7907 MWF 2 – 5 p.m. 8/14 – 8/25

Teens



Summer Time Fun

The Teen Program is a Drop-In Program for teens 12 to 18 years old. We provide fun stuff for you to do like swimming, boating, computer lab, open gym and field trips. Some of our past activities have included trips to Game Works, Scavenger Hunts, camping, Wild Waves, rock climbing and Golden Gardens. Check out the Teen Calendar for specific dates and times or call the Teen Development Leader!

Some of our trips and programs may require a fee but we try to keep the cost as low as possible. Also some activities may require pre-registration and may be cancelled if minimum attendance is not met.

Have ideas about what to do? Come to Teen Advisory Group and make them happen!

Game Room

Eight ball, corner pocket! Come and challenge your friends to pool, Foosball, and Ping-Pong. Games and playing cards are available at the front desk to use. Times and days are subject to change.

Need more info?

For more information about teen programs, please call us at 206-684-4052 or just stop by the Center.



Northwest Teen Late Night Recreation Program

Free

Ongoing Late Night for teens in Northwest Seattle.

Instructor: Teen Development Leaders

Friday and Saturdays

7 – 11 p.m.

Meadowbrook Teen Life Center 10750 30 Ave NE — 206-684-7523

Friday Night (Middle School Only)

1st Friday: Music Studio

2nd Friday: Culinary Arts

3rd Friday: Teen Swim (Middle/High School)

4th Friday: Pizza & a Movie

Saturday Night (High School Only)

1st Saturday: Culinary Arts

2nd Saturday: Pizza & a Movie

3rd Saturday: Pool Saturday

4th Saturday: Special Event/ Field Trip

Bitter Lake Annex

13040 Greenwood Avenue N.

206-684-7524 or 206-386-9870

1st Friday: Teen Skate

2nd Friday: 3-on-3 Tourney

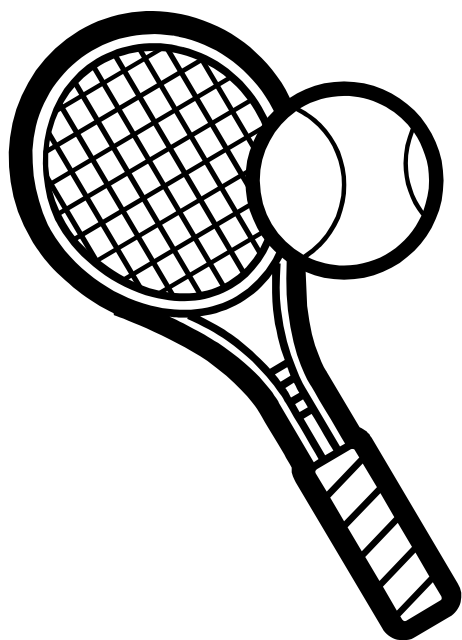
3rd Friday: BBQ & a Movie

4th Friday: Teen Swim@Madison Pool

(8:30 – 9:30 p.m.)



Adult Programs



Tennis Lessons \$85

Learn the basic elements of tennis, while enjoying a chance to recreate in the morning sun! Following this class, you will be able to hold your own in a relaxed game of tennis. Bring your own racket.

Ages 18 and older

Location: Outdoor Space

Mornings Mon/Wed 10:30 – 11:30 a.m.

#8617 Session 1 6/26 – 7/19

#8618 Session 2 7/24 – 8/16

Evenings Tue/Thu 6:30 – 7:30 p.m.

#8615 Tue/Thu 6:30 – 7:30 p.m. 6/27 – 7/25

#8616 Tue/Thu 6:30 – 7:30 p.m. 8/1 – 8/24

Russian Self-Defense \$45 (1 day/wk) \$90 (2 days/wk)

Ancient, powerful, and flexible martial arts. Its guiding principles are relaxation and improvisation. Registration open to beginning, intermediate, and advanced students, 15 years old or older.

Age: 15+

Instructor: Rick James

Location: Fitness Center

#8603 Mon/Thu 7 – 9 p.m. 6/26 – 8/31

Urban Sewing Lounge \$100

Just learning to sew or want to learn? Have a project you want to start, just needing some encouragement to finish, or wanting some creative company? This is the place for you! You choose your projects, and we are there to help you from start to finish. You can bring your sewing machine, or sign up to use one in class. **Class Supply List:** 1. Scissors; 2. Seam Ripper; 3. Seam Gauge; 4. Pins

Ages 12+

Instructor: Nancy Milgate

Location: Room 2

#8604 Mon, Jun 26 6 – 8:30 p.m.

Indian Cooking \$45

Come learn the basics of Indian Cooking. After this workshop, you will be able to make delicious dishes for yourself and for your family

Ages 18 and older

Location: Kitchen

#8602 Tue, Jul 11 6:30 – 8:30 p.m.

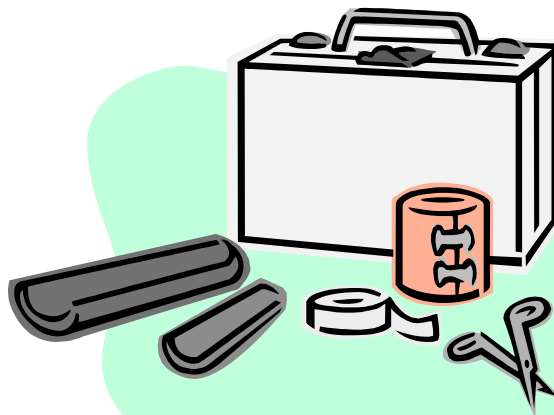
Adult CPR with First Aid

Update your First Aid and CPR Certification. This class meets WISHA and OSHA requirements. To register, call the American Red Cross: (206) 323-2345.

Mon, 6/24 & Wed, 6/26 4:30 – 8:30 p.m.

Mon, 8/28 & Wed, 8/30 4:30 – 8:30 p.m.

Mon, 9/25 & Wed, 9/27 4:30 – 8:30 p.m.



Adults

Adult Drop-in Sports Fee

January 1, 2005, the City of Seattle began charging an Adult Sport Drop-in fee during all operating hours. The fee is \$2 per session for adults and \$1 per session for seniors. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.

Adults (Ages 18 – 64) \$2

Senior Adults (Ages 65+) \$1

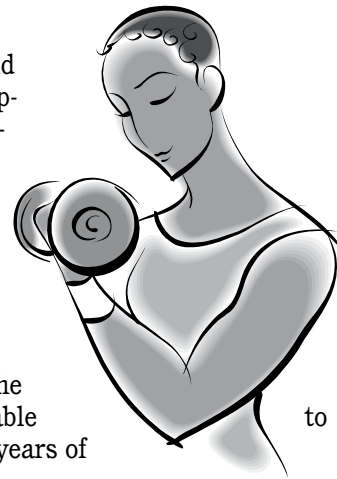
Adult Drop-in Dodge Ball \$2

Drop by for dodge ball! Come alone or with friends to enjoy the latest adult craze!

Mondays/Thursdays 7 – 9 p.m.

Weight Room

Lift those weights and pump that iron! Equipment includes a stair-master, stationary bike, free weights, treadmill, and four weight machines. **We have recently installed a 13-piece circuit set!** Ages 18 and older. The weight room is available participants over 16 years of age with a parent.



Weight Room Operating Hours

Please note: hours subject to change.

MWF 1 – 8:45 p.m.

Tue/Thu 10:45 a.m. – 8:45 p.m.

Fees: \$20.00 per month; \$2 drop-in; \$20 11-visit punch card

Guitar or Singing Lessons for Adults \$198

A local professional artist brings his teaching expertise to Loyal Heights. You can learn beginning or continuing guitar or singing.

Location: Room 5

Tuesdays 3:30 – 6 p.m. 6/23 – 9/8

Fridays 3:30 – 9 p.m. 6/23 – 9/8

Private Piano and Organ Lessons for Adults \$198

Learn to play the piano and organ from an experienced professional teacher in weekly 30-minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Joyce has over 35 years of teaching experience and is a member of the Seattle Music Teacher's Association.

Instructor: Joyce Bailey

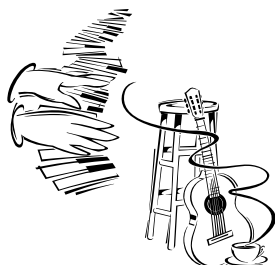
Age: 18 and up

Tue – Thu

5 – 9 p.m.

6/20 – 9/5

Location: Room 5



The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

Senior Adult Programs

Northwest Registration Info Classes/Special Events

Carol Baxter, Recreation Specialist
206-233-7138

Quarter Dates: Apr 3 – Jun 16

No classes: Mon, May 29

Make-ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

Class Registrations: Begin March 20 at 9 a.m. by calling 206-233-7138.

All Class Payments: Please make checks payable to: **Senior Adult Advisory Council ('SAAC')**. Mail payments to: Senior Adult Programs, Attn: Carol – NW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

More information? For a complete listing of Senior Adult programs and events Citywide, call 206-684-4951 and order a copy of our latest brochure.

Men's and Women's Circuit Training

\$25 – 1 day/wk

Gain strength and increase your endurance at the same time. Great for overall conditioning and fitness!

Instructor: Laura Quandt

Tuesdays 9:30 – 10:30 a.m.

Thursdays 9:30 – 10:30 a.m.

Fees: \$25 — 1 day/wk; \$50 — 2 days/wk

Yoga

\$30

Gentle stretching to keep limber and build muscles, improve breathing, and balance. All skill/fitness levels.

Instructor: Paul Federowicz

Tuesdays 11 a.m. – Noon

Pickleball

\$2 drop-in (65+ \$1)

Learn this fun game that is played indoors and is a cross between tennis and ping pong. All equipment provided!

Wednesdays 12:30 – 2:30 p.m.

Loyal Heights

Pool Hall and Table Tennis Free

Dust off your pool cues and ping pong paddles and visit the new Loyal Heights open pool hall hours for seniors.

Tue/Thu

10 a.m. – Noon

The Alexander Technique

\$20

Learn how to move efficiently, safely, in all fitness activities. For balance issues — you learn techniques to be in charge of maintaining your balance — walking, climbing stairs, etc. Helps all activities, e.g. playing musical instruments, using computer, driving. You will learn How-To-Do what you do. Reduce fatigue, increase your efficiency.

Please note new class day.

Instructor: Carol Levine

Thursdays

Noon – 1 p.m.

Caregiver Support Group

Meet with other caregivers to find your answers, and offer suggestions. Group is open to anyone who is a caregiver.

1st & 3rd Wednesdays

1:30 – 3 p.m.

Nature Walks and Hikes \$5.50/walk

Enjoy forests, streams, and more. Walk at your own pace for up to 1½ hours. *Walks* are on flat, mostly level terrain; *hikes* are a little more challenge with slopes. To register, call March 30 at 8 a.m. Wear all terrain shoes. Rain or shine. Bring a sack lunch.

Van pick-up at Ballard CC.

Grandview Forest park

\$10

Level to moderate. Hike is in Gig Harbor.

Wed, Jul 5

9:30 a.m. – 3 p.m.

Lake Wilderness Arboretum

\$5.50

20 acres of forest and trails that take you through native plants and garden displays. Moderate level.

Wed, Aug 23

10 a.m. – 3 p.m.

Springbrook Trail

\$5.50

Level to gentle on paved surfaces. In Renton.

Wed, Sep 13

10 a.m. – 3 p.m.

Senior Adult Field Trips

Discover Columbia City \$6

Venture down to the Rainier Valley with us to discover some amazing spots in the Columbia City district. We will take time to see the new Columbia City Bakery where visitors are invited to watch the bakers in action. Afterwards, you can stroll through the farmers market, take in a gallery or stroll through the park. This venture is all about good food and good things. **S-bound.**

Wed, Jul 12 Noon – 5 p.m. Reg. Jun 19

Blueberry Fields Forever! \$6

July is the best time to pick blueberries. We are going out to Bellevue's Blueberry Farm to pick until our hearts are content. You are provided a bucket, and it's only \$1 a lb. to pick. There is also produce area and fresh flowers available. Bring a sack lunch, we will head to a park along the Lake Washington shore to eat, and maybe soak our feet in the lake. A cooler will be provided to store your berries in until we get back home. **S-bound.**

Wed, Jul 19 9:30 a.m. – 3 p.m. Reg. Jun 27

Microsoft Art Collection \$6

Tour the wonderful art collection at Microsoft. After our tour we will go to Redmond Town Center for lunch on your own. **N-bound.**

Mon, Jul 24 9:50 a.m. – 3 p.m. Reg. Jun 29

Mariners Game! \$30

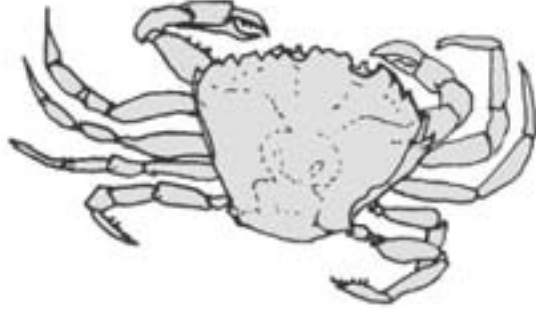
Time to get your Sodo Mojo on. Watch the M's vs. the Toronto Blue Jays. We will be sitting in foul ball territory by 3rd base. Along with your ticket you get a free soda and hot dog- what a deal! **S-bound.**

Wed, Aug 9 Noon – 5:30 p.m. Reg. Jun 21

W.W. Seymour Botanical Conservatory \$10

This newly restored conservatory in Tacoma holds an extensive permanent collection of trees, ferns, orchids, and floral displays. We will have a docent guided tour, bring \$2 for donation. Have lunch on your own in Tacoma. **N-bound.**

Wed, Aug 30 10 a.m. – 4:30 p.m. Reg. Jul 17



All-You-Can-Eat Crab Feast! \$60

We are heading up to La Conner to enjoy a day out on the water with a 3 hour cruise surrounded by nature. Lunch is included with the cost of the trip. Bring your appetite and binoculars. **N-bound.**

Wed, Sep 6 9:45 a.m. – 4 p.m. Reg. Jul 20

Trip Registration Information

Payment must be received 5 working days prior to departure.

Make checks payable to: SAAC. Mail checks to: Senior Adult Programs, Attn: Carol – NW, 8061 Densmore Ave N, Seattle, WA 98103-4436. Note: Trip times/costs/destinations are subject to change. *On all trips, lunch is on your own.*

Trip Registration: Register by calling 206-233-7138 at **8 a.m. on the date listed** for each trip. You may sign up yourself and one other person. When you call, please leave your name, phone number, name of trip, and pick-up site. You'll be called back **only** if you're on the wait list.

Van Pick-up: Van leaves Loyal Heights 15 minutes before time listed for all trips. Vans will only wait for 5 minutes for late people.

Adult & Senior Swim

Three lap lanes in the afternoon and four lap lanes in the evening are provided for swimmers interested in conditioning. Open area available for non-lap swimming activities.

Mon – Fri	Noon – 1:15 p.m.
Mon/Wed	8:30 – 9:30 p.m.

Lap Swim

All six lanes are provided for lap swimming. Two are designated very easy, two medium, one fast, and one very fast. Please follow the lap courtesy rules provided in the pool deck area. *Swim car is needed for entry to the Early Morning Lap Swim.

*Mon – Fri	6:00 – 7:30 a.m.
Mon – Fri	2:30 – 3:30 p.m.
Thursday	7:30 – 8:30 p.m.
Friday	5:30 – 6:30 p.m.
Sunday (4 lanes)	11:30 a.m. – 1:00 p.m.

Family Swim

Children must be accompanied by an adult (age 18+) family member into the water. One adult to a maximum of six youths; one adult to one child under 4-foot tall. A good time to bring small children. Small float toys are allowed.

Tuesdays	7:30 – 8:30 p.m.
Sundays	4:30 – 5:30 p.m.

Public Swim

Children must meet the minimum height requirement of 4-feet tall or be accompanied into the pool by an adult on a one-to-one ratio. Groups of 10 or more, please call ahead to make a reservation.

Mon – Fri	1:30 – 2:30 p.m.
Wednesdays	5:00 – 6:00 p.m.
Fridays	7:00 – 8:00 p.m.
Sundays	2:00 – 3:00 p.m.

**School's Out
for Summer Swim**

All kids swim for free!

Friday, June 17

7 – 8 p.m.

Rental Info

Rent the Ballard Pool
for your next party!

Fun, Fun, Fun, in your own private setting. Have all your friends enjoy the rope swing, slide, spa — and rent the lobby to continue the party! Private rentals are available on Saturdays.

Call (206) 684-4094 to
request your party
date.

Fitness Swimming**Water Exercise**

This one-hour program is designed for toning up muscles and staying fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end of the pool.

Mon/Wed/Fri	11:00 a.m. – Noon
Tue/Thu	8:30 – 9:30 p.m.
Sundays	1:00 – 2:00 p.m.

Hydrofit

This exercise program is a deep-water class using flotation equipment for increased resistance. Great for toning and strengthening.

Tue/Thu	8:40 – 9:25 p.m.
Sundays	1:10 – 1:55 p.m.

Aqua Jogging

A great workout in deep water with no impact. All participants wear a float belt for alignment and flotation support.

Tue/Thu	11:00 – 11:45 a.m.
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Masters Workout!

Are you interested in improving your lap swimming ability in an adult workout setting? This is a coached, one-hour fitness workout for ages 18 and over. You must be comfortable swimming the length of the pool. Follow the drills and coaching sets, and see your swimming improve weekly!

Mon/Wed	7:30 – 8:30 p.m.
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General Information

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Rentals

For information about room rentals, please view our facility rental brochure at www.seattle.gov/parks/reservations/Facrentalguide.htm.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, gender, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. **Please make checks and money orders out to CITY OF SEATTLE.** *Please Note:* Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) You may also pay for many classes online; visit <http://egov1.seattle.gov/parks>.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Do You Have Any Program or Event Ideas? — We Want to Hear from You!

The Loyal Heights staff would love to hear your ideas for new programs and special events. Part of what makes a community strong and vibrant is community involvement and input. Please take a moment to write down a program or event idea in the box below. You can drop it off at our front desk or send it in the mail. Thanks for helping us create diverse and vibrant programs at Loyal Heights!

We Want to Hear from You!



Loyal Heights Facility Rentals

Loyal Heights Community Centers has several rooms for rent including two upstairs rooms with beautiful wooden floors and territorial views of the park grounds; a gym; and a weight room. We can accomodate both small groups and larger groups of up to 100 people. Rent Loyal Heights Community Center for your special event or meeting.

Toddler play packages are also available.

Contact Loyal Heights Community Center Staff at 206-684-4052 for cost and availability. If Loyal Heights Community Center does not suits your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks/reservations/Facrental-guide.htm. There are over 20 great locations that can be rented throughout the Parks Department.

Loyal Heights Community Center
2101 NW 77th Street
Seattle, WA 98117-4324
206-684-4052

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